

Nutrition tips for a healthy new year



Watch enough food fads come and go, and you realise that the most valuable nutrition guidance is built on decades of research, in which scientists have looked at a question from multiple perspectives to arrive at a consensus. Here are a few science-backed pearls to carry you into 2024.

New York Times

MEDITERRANEAN DIET IS GOOD

Research supports the Mediterranean diet – which is centered on fruits, vegetables, whole grains, legumes, olive oil, nuts, herbs and spices – as one of the healthiest ways you can eat.



GO EASY ON THE DARK CHOCOLATE

Dark chocolate has some of the highest levels of lead and cadmium (heavy metals that can harm the body). Enjoying it in moderation – no more than about an ounce per day, experts say – will keep your risk low.



YOU PROBABLY DON'T NEED PROTEIN BARS
They're often marketed as a health food or as essential fuel for athletic performance, but most protein bars are loaded with sugar. You're better off meeting your protein needs with whole foods like yogurt, nuts, or eggs, experts say.



IT'S OK TO DRINK COFFEE ON AN EMPTY STOMACH

Some people may experience heartburn, but there's no evidence that drinking coffee on an empty stomach can damage your gastric lining or otherwise harm your digestive system, experts say. On the contrary, drinking coffee has been linked to a longer life and a lower risk of heart disease and Type 2 diabetes.

Lawyer Ujjwal Nikam awarded for exemplary work in his field

Well-known public prosecutor and Padmashri awardee, advocate Ujjwal Nikam was recently awarded the Suryadatta Suryabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.



Vinaykumar Choubey and Dr Sanjay B Chordiya felicitating Ujjwal Nikam

The lawyer was presented with the award by founder president and chairman of Suryadatta Education Foundation, professor Dr Sanjay B Chordiya, Commissioner of Police of Pimpri Chinchwad, Vinaykumar Choubey, principal of Suryadatta Law College, Dr Mithilesh Verma, Prof Ketaki Bapat, Prof Monica Sehrawat, and other dignitaries were present on the occasion at the Bansi Ratna Auditorium in the institute's Bavdhan campus.

Previously, the award has been conferred on former president of India, Ramnath Kovind, finance minister Nirmala Sitharaman, scientist Dr K Sivan, socialist Vajubhai Wala, General (Retd) Dr Dattatray Shekatkar, union minister Gajendra Singh Shekhawat, Shyam Jaju, Member of Parliament Supriya Sule, state minister Chandrakant Patil, Dr Shrirang Limaye, Dr Shankuntala Kale, Dr Chandrakant Kokate, IPS officer Vinaykumar Choubey, and others. During his visit to the institute's law college Nikam also

interacted with students and faculty. The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Self-confidence and rational thinking are qualities of a true lawyer; so much so that if a common man starts talking rationally, we say that he's speaking like a lawyer."

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve the country."

BIZARRE?

Groom's family calls off wedding over lack of mutton bone marrow on the menu

Awedding was called off in Telangana as the groom's family was angry about mutton bone marrow not being served as part menu. Officials at the local police station tried to persuade the groom's family to resolve the fight but the group, incensed about what they called an "insult", did not relent.



ISStock

SUDOKU CHALLENGE

Level: Medium

8	5					2		4
					1			8
2	3	9				7		
			9			3		
	8		1		6		9	
		1		2				
		8			7	4		9
5				8				
4		2						8

How To Play
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

TIMES KAKURO

Level: Medium

			17	11				12	15
11	7	9						12	
27								7	
4			13	14		11		19	
9		19		11		3			
		11		15		9			
12		26		4		6		7	
	17			3		7		13	14
8	9					17		10	
17						4			

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The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add up to 12, whereas for 20, the 3 boxes placed horizontally next to it must add up to 20. No zeroes are used here, only the digits one through nine.

Note
A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 8+4+8 for 20.

LOOP THE LOOP

Rules
■ Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
■ Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
■ Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
■ You can't draw lines around zeroes.
■ Each puzzle has just one unique solution.

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Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).

THE DAILY CROSSWORD

By Barbara Lin 06/01/2024

ACROSS
1 Subject of the Caldecott Honor book "The Right Word"
6 Lines of praise
10 "The ___ Tour"; record-setting 2023-24 concert series
14 Butterfly's stage
15 Stroke of luck?
17 City between Bismarck and Minneapolis on I-94
18 ___ store
19 Swiss cheese?
21 Camp site
22 Being of Jewish folklore
24 Unleavened flatbread
25 Band whose work is featured in the musical "Head Over Heels"

FRIDAY'S PUZZLE SOLVED

L	A	M	A	C	M	O	N	M	A	M	A	S
O	R	A	L	H	Y	P	E	A	L	A	M	O
R	I	G	S	A	B	U	T	D	I	N	O	S
D	O	N	O	T	P	A	S	S	G	O	B	I
L	S	U	O	L	D	A	N	I	T	A		
Y	E	M	E	N	I	B	A	R	N	O	X	Y
E	L	K	O									
M	O	N	T	H	O	F	M	A	Y	B	E	
T	O	E	A	N	Y	A	A	L	A	R	M	S
K	E	N	D	O	T	R	U	E	R	A		
B	E	A	R	S	K	I	N	R	U	G	B	Y
S	H	E	A	F	G	A	L	A	B	A	E	S
T	A	N	T	E	T	L	D	R	E	L	A	N
E	N	D	O									

ACROSS
28 Go on and on
32 Cool kid
33 Relish
35 Cheek muscle, for short
36 Acrobat's company
38 AQL monitor
39 Played again
40 Brown ermine
41 "___ Baby": 2020 film set during a Jewish ritual
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46 Biological building block
48 Emotional wound
50 Assortment
51 Threat to some colonists
55 Seuss reptile
58 Barrier visited by tourists
60 Hawkeye missile
61 One who doesn't like to just veg?
62 Two-terminal device
63 Trees with oval leaves
64 Sub contractor?
65 Elusive Himalayan's Down
1 Jazz motif
2 Ilhan who was the first person to wear a hijab on the House floor
3 Remote target
4 Holiday concoction
5 Extremely tight
6 Omega, in physics
7 Bad lot
8 Bull in a product name
9 Salt, say
10 Theme that plays over the closing credits
11 Hitchcock's first film in color
12 Soon, long ago
13 Third-qr. month
16 Photogenic
20 Beneficiary of a Sonic boom?
23 Shifts
25 Refuse
26 Was compelled
27 Some campus returnees
29 Ragtime dance
30 Net income?
31 Nephric
34 Yogurt-based condiment served with 24-Across
37 Counter points?
42 Uber
45 Souped-up junker
47 Nation known for temperance
49 "The Canterbury Tales" pilgrim
51 Peak
52 Time for some wrap parties
53 Zurich transport
54 Stagger
56 California wine town near Stockton
57 Short-horned bighorns
59 Calendar abbr.

GARFIELD

REMEMBER...
IT'S BEST TO START A DIET WITH A FRIEND
SO YOU CAN STEAL THEIR FOOD

CALVIN AND HOBBES

THIS WILL BE MY STRONGEST FORT EVER!
WITH THESE MASSIVE WALLS, I'LL BE SAFE FROM ANY ATTACK!
HELLLP!!

SPELLATHON

Today's Ratings:
05-average | 06-good | 08-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

FOR EVENTS
To list your event in this column, write two days in advance with a photograph to Allahabad Times, 18/14E, Elgin Road, Civil Lines, Allahabad 211001. Or call: 0532-6061267 or email: lucknow.times@timesgroup.com

DENNIS THE MENACE

11-25
"I'VE NEVER BEEN ICE FISHIN'. WE JUST GET OUR ICE FROM THE FREEZER!"

SCRAMBLE

Rearrange the letters in the four words jumbles, one letter to each square/circle, to make four ordinary words

BSTOO **DTIIO** **ERRNNU** **FITYPY**

Don't let someone else's ___ of ___ become your reality. - Les Brown (7, __, 3)

How To Play
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

FINOLEX FORTUNE

For appointments: ANUPAM V KAPIL
9822042295 or anupamvkapil@gmail.com

See what the stars have in store for you – according to your moon sign.

ARIES: There is someone who has tried to stir the pot and they won't get too far since you are aware that there's adversity everywhere. You accept the challenge and move forward.
TAURUS: Use humor to focus on the lighter side of life. This helps put others at ease, too. A door closes behind you. On the other side, you realize that change is an opportunity to expand in other areas.
GEMINI: Take a step back from a situation to allow your mind to rest. You have been using more brain energy but there's also a time to take a break. Someone in your life might not be picking up their fair share of the duties, don't be resentful since it harms you more than helps.
CANCER: Something that was lost gets found and you find a new appreciation for this object. There's a need for balance in your day; be sure not to add too much to your plate leaving out what you really want to do.
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SCORPIO: A business venture needs a detached and objective approach. Ask for time to think about an unexpected offer. Don't rush things in a romantic relationship. You might admire a new partner's spontaneity but can they really give you the long-term stability you desire?
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SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU
LOOP THE LOOP
TIMES KAKURO

SCRAMBLE
Answer: Don't let someone else's opinion on you become your reality. - Les Brown
Words: Boost/boots, idiot, runner, typify, gene, genre, gent, meeting, ming.

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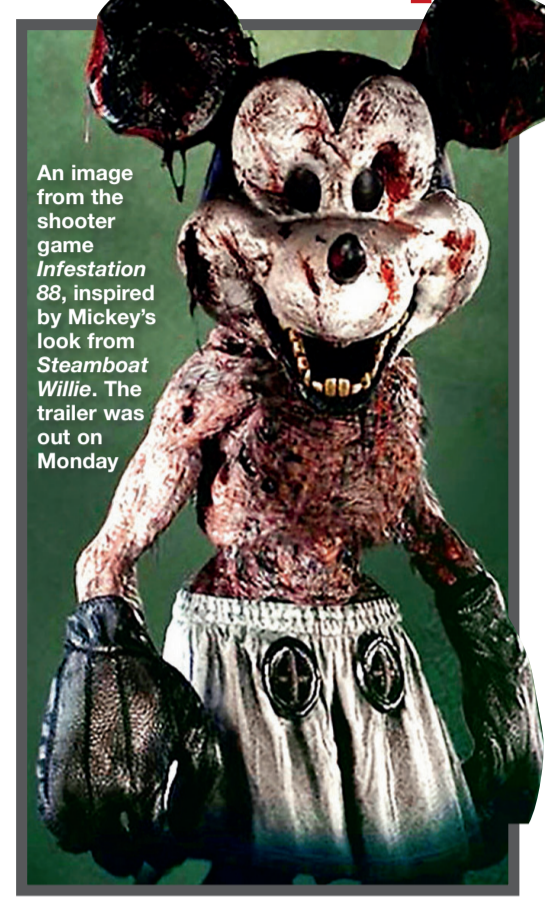


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Early avatar of Mickey Mouse is in the public domain now



An image from the shooter game *Infestation 88*, inspired by Mickey's look from *Steamboat Willie*. The trailer was out on Monday

Horror film and shooter game in the works, but later versions of the iconic character are still protected by copyright

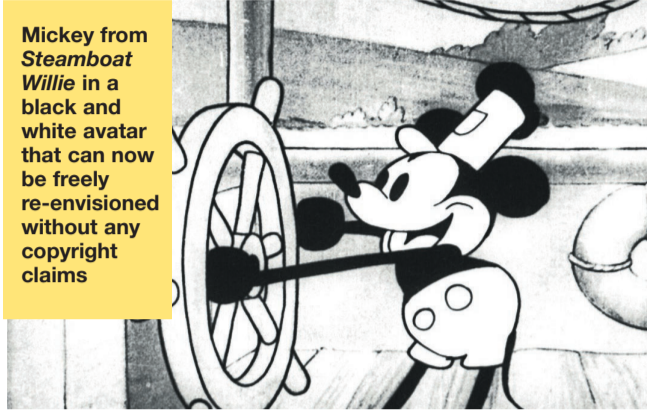
If you're a Mickey Mouse fan, here's some news to shake up your universe. Starting January 1, Disney no longer holds the copyright to the earliest version of the beloved cartoon character. This means that anyone can take this version of Mickey - a mischievous rat-like, non-speaking boat captain seen in the 1928 short film *Steamboat Willie* - and create their interpretations of it.

For creators and cartoonists, it's a once-in-a-lifetime window of opportunities that has opened up and some are already scrambling to create their own version of this early Mickey. By Monday, a trailer has been released of a planned shooter game, *Infestation 88*, in which Mickey hunts down players in a dark warehouse. A horror film, *Mickey's Mouse Trap* is in the works as well, where Mickey is a masked killer attacking people in an arcade.

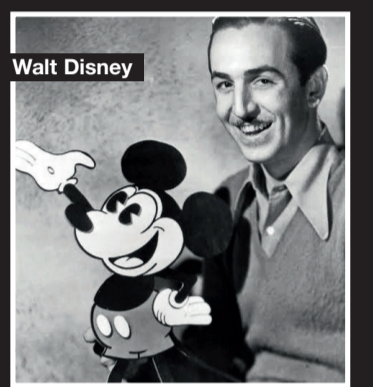
Mind you, Mickey's later avatars, as shown in films like *Fantasia* (1940), with gloves, oversized shoes, and eyes with pupils, cannot be copied as Disney still holds copyright over them.

— Compiled by Dnyaneshwari Burghate

Mickey from *Steamboat Willie* in a black and white avatar that can now be freely re-envisioned without any copyright claims



HOW DID MICKEY MOUSE ENTER THE PUBLIC DOMAIN?



- Mickey Mouse was co-created by Walt Disney and Ub Iwerks in 1928
- US copyright law allows a copyright to be held for 95 years
- The law was updated twice, in 1976 and 1998 to delay Mickey Mouse's entry into the public domain, leading detractors to derisively call the act 'Mickey Mouse Protection Act'
- Other works that have entered the public domain this year are Charlie Chaplin's movie *Circus*, Virginia Woolf's novel *Orlando*, and Eugene O'Neill's play *Long Day's Journey into Night*
- Another Disney character, Winnie the Pooh, entered the public domain in January 2022. It was reimaged as a sledgehammer-carrying monster in a 2023 movie titled *Winnie the Pooh: Blood and Honey*

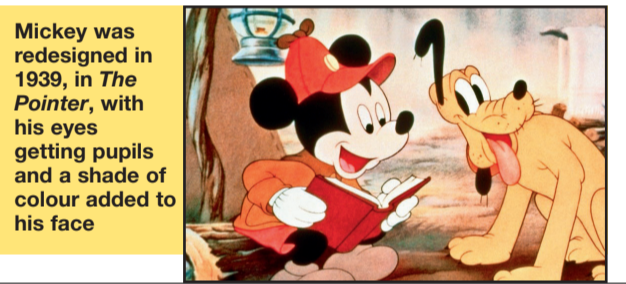
MICKEY'S FEATURES THAT ARE STILL SUBJECT TO COPYRIGHT



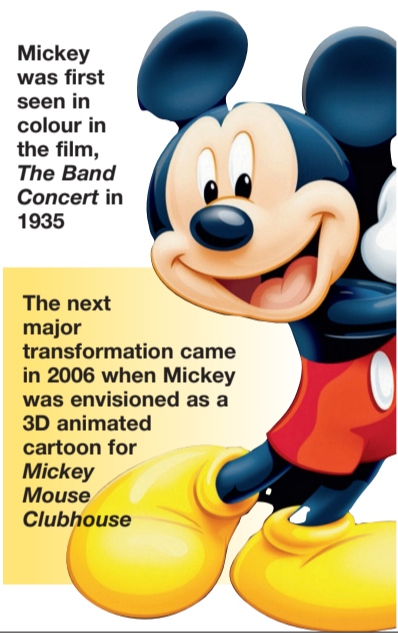
Mickey's iconic gloves debuted in 1929 with *The Opry House*

Mickey was first seen in colour in the film, *The Band Concert* in 1935

The next major transformation came in 2006 when Mickey was envisioned as a 3D animated cartoon for *Mickey Mouse Clubhouse*



Mickey was redesigned in 1939, in *The Pointer*, with his eyes getting pupils and a shade of colour added to his face



Combine mindfulness and exercise to boost mental health: Study

WHAT IS MINDFULNESS? Mindfulness is an approach that can help us 'train up' the psychological strengths we need to exercise and be more in tune with our bodies, as well as make exercising more interesting and help us recognise its benefits.

Want to start 2024 with a new workout routine to feel fitter and happier? A new study suggests that combining physical activity and mindfulness is effective at lifting mood and improving health and well-being. Researchers at the University of Bath said that mindfulness can motivate people to start exercising in the first place, while overcoming minor pain, discomfort or feelings of failure when exercising gets hard.

IAN S

SUDOKU CHALLENGE

Level: Medium

8	5			2			4
				1			8
2	3	9			7		
			9	3			
	8	1		6		9	
		1	2				
	8			7	4		9
5			8				
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Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

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■ Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
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Friday's Puzzle Solved

L	A	M	A	C	M	O	N	M	A	M	A	S
O	R	A	L	H	Y	P	E	A	L	I	A	M
R	I	G	A	B	U	T	D	I	N	O	S	
D	O	N	O	T	P	A	S	S	G	O	B	I
L	S	U	O	L	D	A	N	I	T	A		
Y	E	M	E	N	I	B	A	R	N	O	X	Y
						G	E	N	I	U	S	B
E	L	K	O			F	R	I		H	A	S
M	O	N	T	H	O	F	M	A	Y	B	E	
T	O	E		A	N	Y	A	A	L	A	R	M
						K	E	N	D	O	T	R
						B	E	A	R	S	K	I
						S	H	E	A	R	G	A
						T	A	N	T	E	T	L
						E	N	D	O		S	E
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SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

BSTOO **DTIIO** **ERRNUU** **FITYPY**

How To Play
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

Don't let someone else's ___ of ___ become your reality. - Les Brown (7,3)

SOLUTIONS TO GAMES/PUZZLES

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7	8	1	6	5	9	2	4	3
2	9	1	8	4	7	6	5	3
6	5	4	7	3	2	8	9	1
9	4	8	5	2	1	7	3	6
3	2	9	3	7	1	4	8	5
5	7	8	4	6	9	3	2	1
8	3	6	9	2	1	4	5	7
4	6	3	2	7	5	1	8	9
1	5	2	4	3	6	8	7	9

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Words: Boost/boots, idiot, runner, type

SPELLATHON
ing, TEEMING, ting, gene, genie, gent, meeting, meiting, te-

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			6	8				
5	1	3		1	7			
4	5	1	2	3	9			
2	4	2	7	2	2			
2	3	5	1	1	1			
6	5	6		9	4			
3	1	1		1	1			
6	9	3		8	1			
1	1	1		1	1			

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Essential tips for cardiac care in winter



Winter brings along a unique set of challenges, especially for heart health. Dr Swapnil Garde says that the dropping temperatures can pose risks to cardiovascular well-being if not managed properly. "An analysis found that days that had extreme heat, extreme cold or high levels of fine particulate matter (PM2.5) air pollution were significantly associated with the risk of death from a heart attack, especially in women and older adults. Here are some crucial tips to help safeguard your heart during the colder months," says the doctor, and suggests a few tips to maintain proper heart health in winters.



Stay Active, Stay Warm: Winter often tempts us to stay indoors, but don't let the cold freeze your exercise routine. Engage in indoor workouts or bundle up and go for a brisk walk when the sun is out.

Maintain a Heart-Healthy Diet: Embrace seasonal fruits and vegetables abundantly. Incorporate omega-3 rich foods like nuts, seeds, and fish into your diet. Warm soups, herbal teas, and hot meals can not only keep you cosy but also promote heart health.

Dress Appropriately: Layering clothing is essential to protect yourself from the cold. Sudden drops in temperature can strain the heart, so ensure you're dressed warmly when stepping outside.

Keep Indoor Temperatures Moderate: While it's tempting to crank up the heater, extreme indoor temperatures can strain the heart. Maintain a moderate room temperature to prevent sudden temperature fluctuations, which can stress

the cardiovascular system. Avoid fluctuation in temperatures.

Monitor Blood Pressure and Cholesterol: Regularly check your BP and cholesterol levels, especially during winter. Cold weather can elevate blood pressure, so monitoring it becomes crucial to manage potential risks. Get your body composition analysis done to check your

Stay Hydrated: Despite the cold, it's important to stay hydrated. Dry winter air can dehydrate the body, impacting blood circulation and making the heart work harder. Aim to drink adequate water throughout the day (not for patients with heart failure).

Follow medical advice: If you have a pre-existing heart condi-

tion, follow your doctor's advice diligently. Winter might require adjustments to medication or lifestyle changes to ensure optimal heart health. Check your blood pressure, body composition, and cholesterol level in body.

Vaccination and precautions: Keeping up with seasonal vaccinations, especially the flu (influenza and pneumococcus) vaccine. Respiratory infections like the flu can put added stress on the heart and cause attacks.

Travelling: This season also offers vacations. Due to changes in schedule, food and environment there are wide fluctuations in blood pressure, sugars and heart health. One should travel consciously, if you have crossed 40 years of age get yourself evaluated from a cardiac angle before travelling. Keep emergency medications handy at home and in travel bags. These can be

used after discussion with a cardiologist. There are recommendations of emergency medications to be taken when a person suffers chest pain.

On a concluding note, he says, "The winter months in India are a beautiful time, but they demand extra care for your heart. By staying active, maintaining a heart-healthy lifestyle, and being mindful of the impact of colder temperatures, you can safeguard your cardiovascular health."

Dr Swapnil Garde
Consultant Interventional Cardiologist
Sagar Multispecialty Hospital & Cardiacare Clinic, C-01 Vidhya Nagar, Narmadapuram Road, Opposite Bageswaina Police Station
Call: 772019818
The views/suggestions/opinions/data in the article are the sole responsibility of the expert/organisation



Lawyer Ujjwal Nikam awarded for exemplary work in his field



Vinaykumar Choubey and Dr Sanjay B Chordiya felicitating Ujjwal Nikam

Well-known public prosecutor and Padmashri awardee, advocate Ujjwal Nikam was recently awarded the Suryadatta Suryabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.

The lawyer was presented with the award by founder president and chairman of Suryadatta Education Foundation, professor Dr Sanjay B Chordiya, Commissioner of Police of Pimpri Chinchwad, Vinaykumar Choubey, principal of Suryadatta Law College, Dr Mithilesh Verma, Prof Ketaki Bapat, Prof Monica Sehrawat, and other dignitaries were present on the occasion at the Bansi Ratna Auditorium in the institute's law college in the institute's Bavdhan campus.

Previously, the award has been conferred on former president of India, Ramnath Kovind, finance minister Nirmala Sitharaman, scientist Dr K Sivan, socialist Vajubhai Wala, General (Retd) Dr Dattatray Shekatkar, union minister Gajendra Singh Shekha-

wat, Shyam Jaju, Member of Parliament Supriya Sule, state minister Chandrakant Patil, Dr Shrirang Limaye, Dr Shankuntala Kale, Dr Chandrakant Kokate, IPS officer Vinaykumar Choubey, and others. During his visit to the institute's law college Nikam also interacted with students and faculty.

The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Self-confidence and rational thinking are qualities of a true lawyer, so much so that if a common man starts talking rationally, we say that he's speaking like a lawyer."

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve the country."

Celebrity astro-numerologist Anupam V Kapil explains your annual moon sign forecast and its impact on your career and health

LIBRA
Jupiter's aspect on your sign till April brings gains and noteworthy friendships, and is also beneficial for marriage. Those in teaching, acting and training will especially benefit till April. From May, Jupiter will be in the unfavourable eighth house, affecting health, causing fatigue, fruitless journeys and loss of money. However it creates vipreet raj yog giving gains in unlikely situations where you are the underdog and otherwise stand no chance. Buying a new property, renovation or vehicle is very likely between February 12 to March 6 and October 17 to November 6. Misunderstandings and loss of friends is seen in April and May. Saturn in fifth shows decline in prosperity in the second half of the year. Gain in service through employers or subordinates is seen. Of course, enemies will keep troubling you, but you will simply demolish them. Success in competitive examinations, sports and politics is seen. You will also find loyal servants who will carry out your work efficiently during this period.

CAREER: Jupiter helps your career till April. Smart gains till January 18, wealth comes between February 1-19 and June 1-14. Career growth and wealth between June 29 to September 22 due to favourable Mercury and Venus transits.
HEALTH: Health needs attention between April 1-16 and May 13 to May end due to Rahu-Mars conjunction in sixth house and Sun-Jupiter conjunction in eighth house, which is quite depleting to health. Guard your liver in the second half of the year, cut down on oily food and avoid liquor. Any efforts made on health and fitness will give very good results, it's a good time to consult a professional.

Changes in your life take place from July, though Jupiter changes for the good only in May. Till April, expect relatives and enemies to bother you. Saturn in the fourth house brings loss of wealth, domestic unease, lack of comfort from spouse and child. However, from May, Jupiter com-

SCORPIO
pensates on the wealth front and gives good journeys for auspicious purposes. Rahu in the fifth house puts focus on love affairs, education, planning, intuition, creativity and entertainment sector. Your way of looking at situations and dealing with them undergoes a major transformation as you shall use very creative and intelligent methods to resolve issues. Education of students and children are likely to be affected, you will be worried by their demanding nature too. Avoid wearing grey and black colours. You will have misunderstandings, loss of friends and death of elders who are sick is likely.

CAREER: Professionals, businessmen and job aspirants will get success between January 14 to February 14, April 15 to May 15, June 1-15, and August 17 to October 15. During this period financial gains too shall be quite smart. Rewards, big financial gains, promotions and limelight are indicated on November 18 to December 15.
HEALTH: Till April, control your diet, cut down on oil and fat as your cholesterol is likely to increase. Mars-Saturn conjunction in April 5 to 13 and Rahu-Mars conjunction between May 13 to 22, suggests extreme care, especially to those suffering from cardiac issues and digestive issues and the legs. Guard against apoplexy and blood pressure between September 17-30.

SAGITTARIUS
The year starts on a good note, Jupiter helps in all pursuits till April, as does Saturn in the sixth house throughout the year. Mars is favourable from March 15 to April 23 giving victory, joy and accumulation of gold ornaments.

Trouble to your property, position and children are seen post April, when Jupiter moves through the 10th house in May 2024 to May 2025. Rahu moves through in the fourth house, which represents your mental state, mother, happiness, vehicles, property matters, education etc. Happiness

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For appointments: ANUPAM V KAPIL
9822042295 or anupamvkapil@gmail.com

connected with these will be elusive and a source of concern for you. Disputes with family and relatives, destruction to property, bodily pains, stomach pains and obstacles in job are indicated. Property disputes must be settled amicably before April, even if a deal which seems loss making, as anyway a lot of money may be spent on litigation later. Losses in litigation between November 16 to December 16 is seen.

CAREER: Working professionals are subject to sudden transfers and twists in career which are not to your liking. Don't argue with seniors and authorities. February to April, September 18 to October 29 are great for big income and also for new promotions, jobs, contracts in business. Marriage is possible in January and April.

HEALTH: May, July 15 to August 15 are not at all good for your and child's health. November 16 to December 16 is very sensitive as Rahu trains Mars in the eighth house and Sun in the twelfth house, visits to hospitals will be there.

CAPRICORN
2024 is an exciting year, after passing challenges till April, you can look forward to a very promising year from May. Till April, Jupiter in the fourth house brings sorrow on account of relatives, humiliation and danger from quadrupeds.

However, from May, Jupiter's aspect on your sign till May 2024, brings royal favour, gain of position, promotion, wealth, happiness from relatives, success in all activities, Saturn brings discipline on your spending and finances and managing family matters within constraints. Rahu is in the third house increasing your willpower, removing obstacles, giving gains through short term travels, siblings, communica-

tions and media matters. Satisfaction and completion of works, gains through the schemes you prepare and unexpected big gains, travel opportunities and material pleasures are indicated. Spiritual travels to new places are seen. Health of younger siblings will suffer. Gains from youngsters, friends along with a growth in image is indicated.

CAREER: Boost in income and sources is seen, but avoid partnerships. Finances shall be good till January 17, March 7-30, April 25 to May 18, promotions, business gains, better jobs are likely in April 25 to May 18, September 18 to November 6

HEALTH: You might have excessive heat and fever between January to February 5. Between June 16-22, Rahu's aspect on sixth house shows that health matters need attention, diseases will be treated but not completely cured, infections of the face/eye are indicated, and act speedily in such an event. ENT and eye issues crop up, get regular check ups done.

AQUARIUS
Though you are in the middle of your sade sati, Saturn rarely harms you, though it may restrict your free will, as it is in its mooltrikona rashi. Jupiter, the planet of hope has not been favourable last year, it moves to your fourth house and brings sorrow through relatives and humiliation. Avoid clashes with bosses, seniors, government in April and May as this could harm your prospects. Good yogas for renovation, buying property, vehicles are seen on January 28 to February 12, May 29 to June 11 and October 13 to November 7, these periods will also see joyous moments at home. Health of spouse suffers in April. Should avoid disputes with neighbours or brothers in last week of May. Rahu in your wealth sector in 2024, induces you to be rough in speech and be manipulative in earning money through unethical means, such money may also be misused for wrong purposes. Loss of wealth is likely, through governmental action or due to being too casual with money matters and spending indiscriminately or on wrong purposes. Extreme caution is advised in speech as it can create enemies and loss of money. Old debts will be cleared but money will be lost in new ventures due to speculative tendencies and carelessness.

CAREER: Career gains, new job opportunities, promotions, business growth till February 4, steady growth in March, then June 1 to July 11. Finances shall be excellent till February 20 and from March 7 to April 24, May 19 to June 11, September 23 to October 10, November 7-30 and December is the best period for growth of career and finances.

HEALTH: Sensitive periods for health are April-May, affected areas are heart, face, legs, teeth, avoid any surgery during this period. July 17 to August 15 and September 17 to October 15 are also weak periods for health.

PISCES
Jupiter brings money and opportunities, and furthers your career till April, besides reducing impact of Rahu and sade sati on your moon sign. From May, Jupiter enters the difficult third house, may bring change in profession, separation from near and dear ones and impediments in all actions. Post May, is not a good period to start new business or jobs, except as indicated in the career section. For buying property, renovations, vehicles, January 7-31st, June 12 to July, August 26 to October 19 is favourable. Rahu on the moon sign in 2024, brings bodily afflictions or loss, don't trust anyone blindly. Suffering to mother possible around April 1-15, August 21 to September 11 and October 17-30. Avoid being guarantor to any loan or bail. Rahu transit clouds your emotions and thought process. Not the best time to marry as Rahu aspect on your marriage and partnership also affects your fathers health. Kids are prone to bad company and bad habits.

CAREER: January to February 15 are fantastic for your career. Finances remain quite good between April 25 to May 18, June to October 20 and December 2-27.

HEALTH: Smokers, alcoholics and those with cardiac issues must consult your doctor frequently. Being very alert to sudden health deterioration between April 1-15, May 15-22, and August 21-September 11 too is very delicate. Take care of blood pressure from October 17-30. Safeguarding of health is necessary against infection and diseases. Physical and mental unrest due to excessive thinking is seen, yoga and meditation will help, especially the chanting of Rahu mantra.

SUDOKU CHALLENGE
Level: Medium

			2		1 4			
		9			1 6 2			
9	6			5				8
	7 3		6		4 8			
		7			3			6
2								
	1 4 5			9				
	8 9		3					

HOW TO PLAY
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

TIMES KAKURO

8	35	12			9	11	7
16			13		22		
14			23		7		
	25		23			18	
	16				13		16
		30		22	4	10	
10	7	12		8		3	
14				30		15	
23						11	

HOW TO PLAY
The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

Note: A digit cannot appear more than once in any particular digit combination. For instance in the example, we cannot have the combination of 8+4+8 for 20.

Example: 12 20

GARFIELD

LOOP THE LOOP

RULES

- Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
- Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
- Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
- You can't draw lines around zeroes.
- Each puzzle has just one unique solution.

HOW TO BEGIN:
Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

1	4	3	6	8	9	7	5	2
2	3	5	7	1	4	8	6	9
3	6	2	4	8	7	9	5	1
4	5	9	2	1	7	3	8	6
5	8	7	1	4	6	3	9	2
6	1	8	9	5	3	2	4	7
7	2	4	7	9	3	6	8	5
8	3	1	6	2	5	4	8	7
9	7	8	5	2	3	1	4	6

LOOP THE LOOP

TIMES KAKURO

1	3	6	9	2	10	12	11	7
16			13		22			
14			23		7			
	25		23			18		
	16				13		16	
		30		22	4	10		
10	7	12		8		3		
14				30		15		
23						11		

SPELLATHON
Answer to love oneself is the word 'LOVE'.

SCRAMBLE
Words: Geese, snoop, spoon, sullen.

SPELLATHON
Today's Ratings:
10-average | 11-good | 13-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

SCRAMBLE
Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

GSEEE

POONS

ESULLN

IIVYFV

HOW TO PLAY
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

To _____ is the beginning of a lifelong romance. - Oscar Wilde (4,7)

LOOP THE LOOP

RULES

- Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
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Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e. if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).

Aloo Baingan on the list of worst foods in the world, desis disagree



iStock

Just one Indian dish has made it to the list of 100 worst foods in the world, and it's Aloo Baingan. On the 60th spot, this announcement has generated mixed responses and debates over the rating online. While some shared opinions on how they actually feel Aloo Baingan is the best dish they have ever had, others pointed out a variety of dishes that should have been on the list instead. On the website, Aloo Baingan was described as a "simple and flavourful dish made with a combination of eggplants and potatoes, cooked together with onions, tomatoes, and various spices."

Check out some of the responses: — TNN

Entertainment 149 • 22 hr. ago

I don't know why it is on that list. My mom often makes aloo baingan and I like it, if it were bottle gourd or pumpkin, I would have understood, but aloo baingan are not bad at all. Either I am the weird one for liking this or my mom is a great cook that she can make tasty aloo baingan.

oreo_thefluffyboss Lol... this is insane... baigan is love. Go to indian villages and you will see how it really made. Vegetable we get there and in cities have different tastes, and in cities is almost negligible. Also, the style of cooking is way better there. Inko bolo humari nani dadi se banwayein n fir rate karein... sahi bat hai inki chef or mummy achcha nhi banati to hum kya karein 😊😂😂

disinformatique • 21 hr. ago

Baingan bharta is one of the best dishes in the world !! Gotta roast it on flame to get the best texture, aroma and taste. Plus lots of onions, tomatoes, garlic and spices.

Ishwar Singh @IshwarBagga

It cannot be ranked below Karela(Bitter Gourd).

ranjeetkhanduja The Maharashtrian version of Aloo Baigan (Rassa or curry) is probably the best vegetarian dish I have tasted in my life. It depends on how it is cooked.

The science of daydreaming

A study led by Harvard Medical School researchers is one step closer to understanding what happens in the brain during daydreaming. The researchers monitored the activity of neurons in the visual cortex of mouse brains while the animals were awake and silent. They discovered that these neurons occasionally activated in a fashion similar to that seen when a mouse gazes at a real

image, suggesting that the mouse was thinking—or daydreaming—about the image. "We wanted to know how this daydreaming process occurred on a neurobiological level and whether these moments of quiet reflection could be important for learning and memory," said lead author Nghia Nguyen, a PhD student in neurobiology. —ANI



iStock

Lawyer Ujjwal Nikam awarded for exemplary work in his field

Well-known public prosecutor and Padmashri awardee, advocate Ujjwal Nikam was recently awarded the Suryadatta Suryabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.



Vinaykumar Choubey and Dr Sanjay B Chordiya felicitating Ujjwal Nikam

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The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Self-confidence and rational thinking are qualities of a true lawyer, so much so that if a common man starts talking rationally, we say that he's speaking like a lawyer."

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve the country."

Eat right to cut heart attack risk

Are you one of those people who skip their first meal of the day or eat a late breakfast and dinner? Beware, you may be at risk of heart attack, warns a study.

The study suggested eating the first meal of the day at 8 am and dinner by 8 pm to avoid the risk of cardiovascular disease. When it comes to the last meal of the day, eating late (after 9 pm) is associated with a 28 per cent increase in the risk of cerebrovascular disease such as stroke compared with eating before 8 pm. IANS



SUDOKU CHALLENGE

Level: Medium

8	5					2		4
					1			8
2	3	9				7		
			9		3			
	8	1		6			9	
		1	2					
		8			7	4		9
5			8					
4	2							8

How To Play
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

TIMES KAKURO

Level: Medium

			17	11				12	15
11	7	9						12	
27								7	
4		13	14		11			19	
9		19	11		3				
	11	15		9					
12	26		4		7				
	17		3		7		13		14
8	9					10			
	17						4		

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LOOP THE LOOP

Rules
■ Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
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■ Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
■ You can't draw lines around zeroes.
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Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).

THE DAILY CROSSWORD

By Barbara Lin 06/01/2024

ACROSS
1 Subject of the Caldecott Honor book "The Right Word"
6 Lines of praise
10 "The ___ Tour": record-setting 2023-24 concert series
14 Butterfly's stage
15 Stroke of luck?
17 City between Bismarck and Minneapolis on I-94
18 ___ store
19 Swiss cheese?
21 Camp site
22 Being of Jewish folklore
24 Unleavened flatbread
25 Band whose work is featured in the musical "Head Over Heels"

Friday's Puzzle Solved

L	A	M	A	C	M	O	N	M	A	M	A	S		
O	R	A	L	H	Y	P	E	A	L	A	M	O		
R	I	G	S	A	B	U	T	D	I	N	O	S		
L	S	O	N	O	P	A	S	S	G	O	B	I		
L	S	O	L	D	A	N	I	T	A					
Y	E	M	E	N	I	B	A	R	N	O	X	Y		
E	L	K	O			F	R	I		H	A	S		
M	O	N	T	H	O	F	M	A	Y	B	E			
T	O	E	A	N	Y	A	A	L	A	R	M	S		
K	E	N	D	O		T	R	U		E	R	A		
B	E	A	R	S	K	I	N	R	U	G	B	Y		
S	H	E	A	F		G	A	L	A	B	A	E		
T	A	N	T	E	T	L	D	R	E	L	A	N		
E	N	D	O			S	E	A	T		R	E	N	O

GARFIELD

REMEMBER...
IT'S BEST TO START A DIET WITH A FRIEND
SO YOU CAN STEAL THEIR FOOD

CALVIN AND HOBBES

THIS WILL BE MY STRONGEST FORT EVER!
WITH THESE MASSIVE WALLS, I'LL BE SAFE FROM ANY ATTACK!
HELLLP!!

SPELLATHON

Today's Ratings:
05-average | 06-good | 08-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

M
T N
G
I E
E

DENNIS THE MENACE

"I'VE NEVER BEEN ICE FISHIN'. WE JUST GET OUR ICE FROM THE FREEZER!"

SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

BSTOO
DTIIO
ERRNNU
FITYPY

Don't let someone else's ___ of ___ become your reality. - Les Brown (7,3)

How To Play
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

FINOLEX FORTUNE

For appointments: ANUPAM V KAPIL
9822042295 or anupamvkapil@gmail.com

See what the stars have in store for you - according to your moon sign.

ARIES: There is someone who has tried to stir the pot and they won't get too far since you are aware that there's adversity everywhere. You accept the challenge and move forward.
TAURUS: Use humor to focus on the lighter side of life. This helps put others at ease, too. A door closes behind you. On the other side, you realize that change is an opportunity to expand in other areas.
GEMINI: Take a step back from a situation to allow your mind to rest. You have been using more brain energy but there's also a time to take a break. Someone in your life might not be picking up their fair share of the duties, don't be resentful since it harms you more than helps.
CANCER: Something that was lost gets found and you find a new appreciation for this object. There's a need for balance in your day; be sure not to add too much to your plate leaving out what you really want to do.
LEO: Take a careful approach to a new work assignment and accept all help that is offered. Funds will become available to allow you to launch a creative project for a local charity. It will feel as if you've been holding your breath until you received confirmation of this offer.

VIRGO: Let others take control for a while and you will be able to finally get finished with other projects. Work to encourage a cooperative spirit among colleagues. Waiting until the last minute to get your work done is not going to make the boss happy today.
LIBRA: While it's sometimes better to decide how you'd like to feel and then cultivate that feeling, today it's better to keep it simple with a few tangible and measurable goals. You learn from every interaction. Some lessons improve your mood, and others dampen it.
SCORPIO: A business venture needs a detached and objective approach. Ask for time to think about an unexpected offer. Don't rush things in a romantic relationship. You might admire a new partner's spontaneity but can they really give you the long-term stability you desire?
SAGITTARIUS: In the lessons of life, people may skip around learning different things at different stages, but there really is no skipping ahead. So don't be jealous when you notice someone is at a stage that's foreign to you. All in good time.
CAPRICORN: Concentration is impossible with all the other ideas floating around in your head. Separate fact from fiction by writing things down. Make sure you're on the same page before starting a big meeting today.
AQUARIUS: You've been through trying times, and this isn't one of them. This is a "doing" time. Strike "try" from the vocabulary. You already know the right action. Take it. Not celebrating your success would be a mistake. The small wins especially need acknowledgment. These daily tasks are the lifeblood of your hopes and dreams.
PISCES: Others are itching for a fight but if you're willing to enlist the help of your friends they will back off very quickly and leave you alone. Don't allow others to drag you into their drama. Focus on personal projects.

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU
LOOP THE LOOP
TIMES KAKURO

SCRAMBLE
Words: Boost/boots, idiot, runner, typist
become your reality. - Les Brown
Answer: Don't let someone else's opinion on you

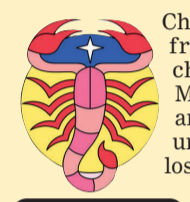
Celebrity astro-numerologist Anupam V Kapil explains your annual moon sign forecast and its impact on your career and health



LIBRA
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Changes in your life take place from July, though Jupiter changes for the good only in May. Till April, expect relatives and enemies to bother you. Saturn in the fourth house brings loss of wealth, domestic unease, lack of comfort from spouse and child. However, from May, Jupiter compensates on the wealth front and gives good journeys for auspicious purposes. Rahu in the fifth house puts focus on love affairs, education, planning, intuition, creativity and entertainment sector. Your way of looking at situations and dealing with them undergoes a major transformation as you shall use very creative and intelligent methods to resolve issues. Education of students and children are likely to be affected, you will be worried by their demanding nature too. Not a good period to produce new babies. Avoid wearing grey and black colours. You will have misunderstandings, loss of friends and death of elders who are sick is likely. Love affairs shall flourish.

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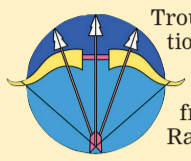
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SAGITTARIUS
Trouble to your property, position and children are seen post April, when Jupiter moves through the 10th house from May 2024 to May 2025. Rahu moves through in the fourth house, which represents your mental state, mother, happiness, vehicles, property matters, education etc. Happiness connected with these will be elusive and a source of concern for you. Disputes with family and relatives, destruction to property, bodily pains, stomach pains and obstacles in job are indicated. Health of your mother will be a concern, do not neglect the slightest health deviations, get prompt medical attention. Property disputes must be settled amicably before April, even if a deal which seems loss making, as anyway a lot of money may be spent on litigation later. Losses in litigation between November 16 to December 16 is seen. Religious travels to the south direction and dips in holy rivers are indicated.

Career: Working professionals are subject to sudden transfers and twists in career which are not to your liking. Don't argue with seniors and authorities. February to April, September 18 to October 29 are great for big income and also for new promotions, jobs, contracts in business. Marriage is possible in January and April.

Health: May, July 15 to August 15 are not at all good for your and child's health. November 16 to December 16 is very sensitive as Rahu trains Mars in the eighth house and Sun in the twelfth house, visits to hospitals will be there.



CAPRICORN
2024 is an exciting year, after passing challenges till April, you can look forward to a very promising year from May. Till April, Jupiter in the fourth house brings sorrow on account of relatives, humiliation and danger from quadrupeds. However, from May, Jupiter's aspect on your sign till May 2024, brings royal favour, gain of position, promotion, wealth, happiness from relatives, success in all activities, Saturn brings discipline on your spending and finances and managing family matters within constraints. Rahu is in the third house increasing your willpower, removing obstacles, giving gains through short term travels, siblings, communications and media matters. Satisfaction and completion of works, gains through the schemes you prepare and unexpected big gains, travel opportunities and material pleasures are indicated. Spiritual travels to new places are seen. Health of younger siblings will suffer. Gains from youngsters, friends along with a growth in image is indicated. Gains with people from different backgrounds is seen.

Career: Boost in income and sources is seen, but avoid partnerships. Finances shall be good till January 17, March 7-30, April 25 to May 18, promotions, business gains, better jobs are likely in April 25 to May 18, September 18 to November 6.

Health: You might have excessive heat and fever between January to February 5. Between June 16-22, Rahu's aspect on sixth house shows that health matters need attention, diseases will be treated but not completely cured, infections of the face/eye are indicated, and act speedily in such an event. ENT and eye issues

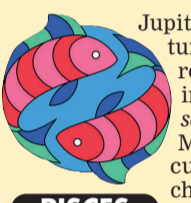
crop up, get regular check ups done.



AQUARIUS
Though you are in the middle of your *sade sati*, Saturn rarely harms you, though it may restrict your free will, as it is in its *mooltrikona rashi*. Jupiter, the planet of hope has not been favourable last year, it moves to your fourth house and brings sorrow through relatives and humiliation. Avoid clashes with bosses, seniors, government in April and May as this could harm your prospects. Good yogas for renovation, buying property, vehicles are seen on January 28 to February 12, May 29 to June 11 and October 13 to November 7, these periods will also see joyous moments at home. Health of spouse suffers in April. Should avoid disputes with neighbours or brothers in last week of May. Rahu in your wealth sector in 2024, induces you to be rough in speech and be manipulative in earning money through unethical means, such money may also be misused for wrong purposes. Loss of wealth is likely, through governmental action or due to being too casual with money matters and spending indiscriminately or on wrong purposes. Despite these trends, transits of Venus-Mercury bring in enough money this year, you will need to be very cautious to save this. Extreme caution is advised in speech as it can create enemies and loss of money. Old debts will be cleared but money will be lost in new ventures due to speculative tendencies and carelessness.

Career: Career gains, new job opportunities, promotions, business growth till February 4, steady growth in March, then June 1 to July 11. Finances shall be excellent till February 20 and from March 7 to April 24, May 19 to June 11, September 23 to October 10, November 7-30 and December is the best period for growth of career and finances.

Health: Sensitive periods for health are April-May, affected areas are heart, face, legs, teeth, avoid any surgery during this period. July 17 to August 15 and September 17 to October 15 are also weak periods for health.



PISCES
Jupiter brings money and opportunities, and furthers your career till April, besides reducing impact of Rahu and *sade sati* on your moon sign. From May, Jupiter enters the difficult third house, may bring change in profession, separation from near and dear ones and impediments in all actions. Post May, is not a good period to start new business or jobs, except as indicated in the career section. For buying property, renovations, vehicles, January 7-31st, June 12 to July, August 26 to October 19 is favourable. Rahu on the moon sign in 2024, brings bodily afflictions or loss, don't trust anyone blindly. Suffering to mother possible around April 1-15, August 21 to September 11 and October 17-30. Avoid being guarantor to any loan or bail. Rahu transit clouds your emotions and thought process. Not the best time to marry as Rahu aspect on your marriage and partnership also affects your fathers health. Kids are prone to bad company and bad habits, especially when on vacations, keep a watch. Be alert to fraud and conspiracy.

Career: January to February 15 are fantastic for your career. Finances remain quite good between April 25 to May 18, June to October 20 and December 2-27.

Health: Smokers, alcoholics and those with cardiac issues must consult your doctor frequently. Being very alert to sudden health deterioration between April 1-15, May 15-22, and August 21-September 11 too is very delicate. Take care of blood pressure from October 17-30. Safeguarding of health is necessary against infection and diseases. Physical and mental unrest due to excessive thinking is seen, yoga and meditation will help, especially the chanting of Rahu mantra.

Lawyer Ujjwal Nikam awarded for exemplary work in his field

Well-known public prosecutor and Padmashri awardee, advocate Ujjwal Nikam was recently awarded the Suryadatta Suryabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.

The lawyer was presented with the award by founder president and chairman of Suryadatta Education Foundation, professor Dr Sanjay B Chordiya. Commissioner of Police of Pimpri Chinchwad, Vinaykumar Choubey, principal of Suryadatta Law College, Dr Mithlesh Verma, Prof Ketaki Bapat, Prof Monica Sehrawat, and other dignitaries were present on the occasion at the Bansi Ratna Auditorium in the institute's Bavdhan campus.

Previously, the award has been conferred on former president of India, Ramnath Kovind, finance minister Nirmala Sitharaman, scientist Dr K Sivan, socialist Vajubhai Wala, General (Retd) Dr Dattatray Shekatkar, union minister Gajendra Singh Shekhawat, Shyam Jaju, Member of Parliament Supriya Sule, state minister Chandrakant Patil, Dr Shrirang Limaye, Dr Shankuntala Kale, Dr Chandrakant Kokate, IPS officer Vinaykumar Choubey, and others. During his visit to the institute's law college Nikam also



Vinaykumar Choubey and Dr Sanjay B Chordiya felicitating Ujjwal Nikam

interacted with students and faculty. The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Self-confidence and rational thinking are qualities of a true lawyer, so much so that if a common man starts talking rationally, we say that he's speaking like a lawyer."

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve the country."

GOA PAYS TRIBUTE TO THE THREE KINGS



The Three Kings Feast was celebrated in Goa with great pomp. Devotees made their way to the chapel atop the hill, amidst the beating drums. Following the services, people were seen buying *khaje* from the stalls.

This forecast is in continuation from December 31, for Libra to Pisces

SUDOKU CHALLENGE

Level: Medium

			2		1 4			
		9		1	6 2			
9	6			5				8
	7 3		6		4 8			
		7			3			6
2								
	1 4 5		9					
	8 9		3					

How To Play
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

TIMES KAKURO

8	35	12			9	11	7
16			13		22		
11				30			
14			23		7		
	25		23			18	
	16			22	4	10	
		30					12
10	7	12	8			3	
14				30		15	
23					11		

How To Play
The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

Note: A digit cannot appear more than once in any particular digit combination. For instance in the example, we cannot have the combination of 8+4+8 for 20.

Example:

12	20		

GARFIELD

Garfield is in a boat in the snow. He says: "CLICK"

He says: "WHAT HAPPENED?"

He says: "I'M STREAMING SUMMER"

SPELLATHON

Today's Ratings: 10-average | 11-good | 13-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

Letters: A, D, N, U, E

LOOP THE LOOP

RULES

- Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
- Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
- Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
- You can't draw lines around zeroes.
- Each puzzle has just one unique solution.

How To Begin:
Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).

SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

GSEEE

POONS

ESULLN

IIVYFV

How To Play
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

To _____ is the beginning of a lifelong romance. - Oscar Wilde (4,7)

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

7	8	3	2	5	6	9	4	1
3	1	4	5	6	7	8	9	2
2	6	9	4	1	8	7	3	5
8	2	7	1	7	4	6	3	5
6	8	6	9	1	3	7	2	4
4	6	3	8	5	6	9	7	1
1	5	9	6	7	4	7	8	3
8	3	8	3	6	2	7	1	4
6	9	7	8	2	3	1	4	5

LOOP THE LOOP

SPELLATHON

aided, aided, dead, dead, dean, died, dine, dined, dined, done, done, done, done, undid, undid

SCRAMBLE

Answer: To love oneself is the beginning of a lifelong romance. - Oscar Wilde

Words: Geese, snoot/spoon, sullen, vivify

EVENTS

BOOK FAIR
Ravindra Bhavan: Indulge in the world of books with programmes and workshops adults and children at the Goa Book Fair. On January 4-8, from 10am to 8pm. Margao

WORKSHOP
F.L Gomes Garden: Learn all about pottery at the Potters Fest Goa, with workshops and more. On January 12-14 from 10 am to 6 pm. Panaji

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Boost your mental health with workout



WHAT IS MINDFULNESS?
Mindfulness is an approach that can help us 'train up' the psychological strengths we need to exercise and be more in tune with our bodies, as well as make exercising more interesting and help us recognise its benefits.

Want to start 2024 with a new workout routine to feel fitter and happier? A new study suggests that combining physical activity and mindfulness is effective at lifting mood and improving health and well-being.

Researchers at the University of Bath said that mindfulness can motivate people to start exercising in the first place, while overcoming minor pain, discomfort or feelings of failure when exercising gets hard.

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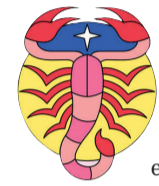


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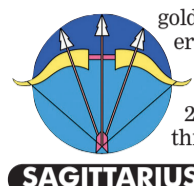
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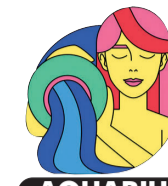
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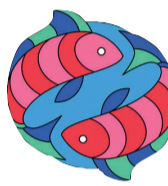


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CAREER: Career gains, new job opportunities, promotions, business growth till February 4, steady growth in March, then June 1 to July 11. Finances shall be excellent till February 20 and from March 7 to April 24, May 19 to June 11, September 23 to October 10, November 7-30 and December is the best period for growth of career and finances.

HEALTH: Sensitive periods for health are April-May, affected areas are heart, face, legs, teeth, avoid any surgery during this period. July 17 to August 15 and September 17 to October 15 are also weak periods for health.



PISCES

Jupiter brings money and opportunities, and furthers your career till April, besides reducing impact of Rahu and sade sati on your moon sign. From May, Jupiter enters the difficult third house, may bring change in profession, separation from near and dear ones and impediments in all actions. Post May, is not a good period to start new business or jobs, except as indicated in the career section. For buying property, renovations, vehicles, January 7-31st, June 12 to July, August 26 to October 19 is favourable. Rahu on the moon sign in 2024, brings bodily afflictions or loss, don't trust anyone blindly. Suffering to mother possible around April 1-15, August 21 to September 11 and October 17-30. Avoid being guarantor to any loan or bail. Rahu transit clouds your emotions and thought process. Not the best time to marry as Rahu aspect on your marriage and partnership also affects your fathers health. Kids are prone to bad company and bad habits, especially when on vacations, keep a watch. Be alert to fraud and conspiracy.

CAREER: January to February 15 are fantastic for your career. Finances remain quite good between April 25 to May 18, June to October 20 and December 2-27.

HEALTH: Smokers, alcoholics and those with cardiac issues must consult your doctor frequently. Being very alert to sudden health deterioration between April 1-15, May 15-22, and August 21-September 11 too is very delicate. Take care of blood pressure from October 17-30. Safeguarding of health is necessary against infection and diseases. Physical and mental unrest due to excessive thinking is seen, yoga and meditation will help, especially the chanting of Rahu mantra.

BIZARRE? Groom's family calls off wedding over lack of mutton bone marrow on the menu



A wedding was called off in Telangana as the groom's family was angry about mutton bone marrow not being served as part menu. Officials at the local police station tried to persuade the groom's family to resolve the fight but the group, incensed about what they called an "insult", did not relent.

SUDOKU CHALLENGE

Level: Medium

			2		1 4			
		9		1	6 2			
								8
9	6			5				
	7 3		6		4 8			
		7			3		6	
2								
	1 4 5		9					
	8 9		3					

HOW TO PLAY
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

TIMES KAKURO

8	35	12			9	11	7
16			13		22		
11				7			
14		23				18	
	25	23					16
	16		22	4	10		
							12
10	7	12	8		3		
14				30	15		
23					11		

HOW TO PLAY
The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

Note: A digit cannot appear more than once in any particular digit combination. For instance, we cannot have the combination of 8+4+8 for 20.

Example:

20		
8	4	8

GARFIELD

SPELLATHON

Today's Ratings: 10-average | 11-good | 13-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

A D N
U D I
E

LOOP THE LOOP

RULES

- Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
- Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
- Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
- You can't draw lines around zeroes.
- Each puzzle has just one unique solution.

HOW TO BEGIN:
Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines

	1		3		3
	2	2	1		
	2	3	0	2	
	2	3		3	2 2
	2	2	1		1
	3		2	3	2
	2		2	3	

of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).

SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

GSEEE **POONS** **ESULLN** **IIVYFV**

HOW TO PLAY
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

To _____ is the beginning of a lifelong romance. - Oscar Wilde (4,7)

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

1	4	2	3	6	9	8	5	7
3	1	4	7	8	7	9	6	5
2	6	5	4	1	8	7	9	3
8	2	1	7	9	4	5	6	3
6	9	7	8	2	5	1	4	3
4	3	8	6	2	4	7	1	9
7	1	9	5	3	1	6	2	8
5	6	9	7	8	2	3	1	4

LOOP THE LOOP

SPELLATHON

aided, aided, dead, dean, died, dine, dined, dune, dune, idea, nude, UNAIDED, undid

SCRAMBLE

WHY
Answer: To love oneself is the beginning of a lifelong romance. - Oscar Wilde

Words: Geese, snoop/spoon, sullen

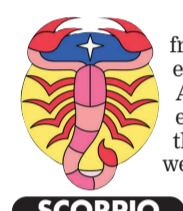
Celebrity astro-numerologist Anupam V Kapil explains your annual moon sign forecast and its impact on your career and health



ARIES
Jupiter's aspect on your sign till April brings gains and noteworthy friendships, and is also beneficial for marriage. Those in teaching, acting and training will especially benefit till April. From May, Jupiter will be in the unfavourable eighth house, affecting health, causing fatigue, fruitless journeys and loss of money. However it creates *vi-pret raj yog* giving gains in unlikely situations where you are the underdog and otherwise stand no chance. Buying a new property, renovation or vehicle is very likely between February 12 to March 6 and October 17 to November 6. Misunderstandings and loss of friends is seen in April and May. Saturn in fifth shows decline in prosperity in the second half of the year. Rahu in your sixth house through 2024 is expected to be largely favourable, you shall clear and win litigations. Gain in service through employers or subordinates is seen. Of course, enemies will keep troubling you, but you will simply demolish them. Success in competitive examinations, sports and politics is seen. You will also find loyal servants who will carry out your work efficiently during this period. Spiritual trips will also happen.

Career: Jupiter helps your career till April. Smart gains till January 18, wealth comes between February 1-19 and June 1-14. Career growth and wealth between June 29 to September 22 due to favourable Mercury and Venus transits.

Health: Health needs attention between April 1-16 and May 13 to May end due to Rahu-Mars conjunction in sixth house and Sun-Jupiter conjunction in eighth house, which is quite depleting to health. Guard your liver in the second half of the year, cut down on oily food and avoid liquor. Any efforts made on health and fitness will give very good results, it's a good time to consult a professional.



SCORPIO
Changes in your life take place from July, though Jupiter changes for the good only in May. Till April, expect relatives and enemies to bother you. Saturn in the fourth house brings loss of wealth, domestic unease, lack of comfort from spouse and child. However, from May, Jupiter compensates on the wealth front and gives good journeys for auspicious purposes. Rahu in the fifth house puts focus on love affairs, education, planning, intuition, creativity and entertainment sector. Your way of looking at situations and dealing with them undergoes a major transformation as you shall use very creative and intelligent methods to resolve issues. Education of students and children are likely to be affected, you will be worried by their demanding nature too. Not a good period to produce new babies. Avoid wearing grey and black colours. You will have misunderstandings, loss of friends and death of elders who are sick is likely. Love affairs shall flourish.

Career: Professionals, businessmen and job aspirants will get success between January 14 to February 14, April 15 to May 15, June 1-15, and August 17 to October 15. During this period financial gains too shall be quite smart. Rewards, big financial gains, promotions and limelight are indicated on November 18 to December 15.

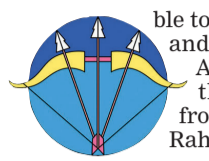
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The year starts on a good note, Jupiter helps in all pursuits till April, as does Saturn in the sixth house throughout the year. Mars is favourable from March 15 to April 23 giving victory, joy and accumulation of gold ornaments. Trou-

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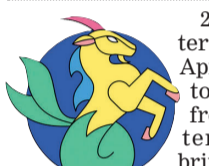
For appointments : ANUPAM V KAPIL
9822042295 or anupamvkapil@gmail.com



SAGITTARIUS
ble to your property, position and children are seen post April, when Jupiter moves through the 10th house from May 2024 to May 2025. Rahu moves through in the fourth house, which represents your mental state, mother, happiness, vehicles, property matters, education etc. Happiness connected with these will be elusive and a source of concern for you. Disputes with family and relatives, destruction to property, bodily pains, stomach pains and obstacles in job are indicated. Health of your mother will be a concern, do not neglect the slightest health deviations, get prompt medical attention. Property disputes must be settled amicably before April, even if a deal which seems loss making, as anyway a lot of money may be spent on litigation later. Losses in litigation between November 16 to December 16 is seen. Religious travels to the south direction and dips in holy rivers are indicated.

Career: Working professionals are subject to sudden transfers and twists in career which are not to your liking. Don't argue with seniors and authorities. February to April, September 18 to October 29 are great for big income and also for new promotions, jobs, contracts in business. Marriage is possible in January and April.

Health: May, July 15 to August 15 are not at all good for you and child's health. November 16 to December 16 is very sensitive as Rahu trains Mars in the eighth house and Sun in the twelfth house, visits to hospitals will be there.



CAPRICORN
2024 is an exciting year, after passing challenges till April, you can look forward to a very promising year from May. Till April, Jupiter in the fourth house brings sorrow on account of relatives, humiliation and danger from quadrupeds. However, from May, Jupiter's aspect on your sign till May 2024, brings royal favour, gain of position, promotion, wealth, happiness from relatives, success in all activities, Saturn brings discipline on your spending and finances and managing family matters within constraints. Rahu is in the third house increasing your willpower, removing obstacles, giving gains through short term travels, siblings, communications and media matters. Satisfaction and completion of works, gains through the schemes you prepare and unexpected big gains, travel opportunities and material pleasures are indicated. Spiritual travels to new places are seen. Health of younger siblings will suffer. Gains from youngsters, friends along with a growth in image is indicated. Gains with people from different backgrounds is seen.

Career: Boost in income and sources is seen, but avoid partnerships. Finances shall be good till January 17, March 7-30, April 25 to May 18, promotions, business gains, better jobs are likely in April 25 to May 18, September 18 to November 6.

Health: You might have excessive heat and fever between January to February 5. Between June 16-22, Rahu's aspect on sixth house shows that health matters need attention, diseases will be treated but not completely cured, infections of the face/eye are indicated, and act speedily in such an event. ENT and eye issues

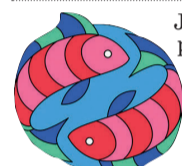
crop up, get regular check ups done.



AQUARIUS
Though you are in the middle of your *sade sati*, Saturn rarely harms you, though it may restrict your free will, as it is in its *mooltrikona rashi*. Jupiter, the planet of hope has not been favourable last year, it moves to your fourth house and brings sorrow through relatives and humiliation. Avoid clashes with bosses, seniors, government in April and May as this could harm your prospects. Good yogas for renovation, buying property, vehicles are seen on January 28 to February 12, May 29 to June 11 and October 13 to November 7, these periods will also see joyous moments at home. Health of spouse suffers in April. Should avoid disputes with neighbours or brothers in last week of May. Rahu in your wealth sector in 2024, induces you to be rough in speech and be manipulative in earning money through unethical means, such money may also be misused for wrong purposes. Loss of wealth is likely, through governmental action or due to being too casual with money matters and spending indiscriminately or on wrong purposes. Despite these trends, transits of Venus-Mercury bring in enough money this year, you will need to be very cautious to save this. Extreme caution is advised in speech as it can create enemies and loss of money. Old debts will be cleared but money will be lost in new ventures due to speculative tendencies and carelessness.

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PISCES
Jupiter brings money and opportunities, and furthers your career till April, besides reducing impact of Rahu and *sade sati* on your moon sign. From May, Jupiter enters the difficult third house, may bring change in profession, separation from near and dear ones and impediments in all actions. Post May, is not a good period to start new business or jobs, except as indicated in the career section. For buying property, renovations, vehicles, January 7-31st, June 12 to July, August 26 to October 19 is favourable. Rahu on the moon sign in 2024, brings bodily afflictions or loss, don't trust anyone blindly. Suffering to mother possible around April 1-15, August 21 to September 11 and October 17-30. Avoid being guarantor to any loan or bail. Rahu transit clouds your emotions and thought process. Not the best time to marry as Rahu aspect on your marriage and partnership also affects your fathers health. Kids are prone to bad company and bad habits, especially when on vacations, keep a watch. Be alert to fraud and conspiracy.

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Health: Smokers, alcoholics and those with cardiac issues must consult your doctor frequently. Being very alert to sudden health deterioration between April 1-15, May 15-22, and August 21-September 11 too is very delicate. Take care of blood pressure from October 17-30. Safeguarding of health is necessary against infection and diseases. Physical and mental unrest due to excessive thinking is seen, yoga and meditation will help, especially the chanting of Rahu mantra.

Lawyer Ujjwal Nikam awarded for exemplary work in his field

Well-known public prosecutor and Padmashri awardee, advocate Ujjwal Nikam was recently awarded the Suryadatta Suryabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.



Vinaykumar Choubey and Dr Sanjay B Chordiya felicitating Ujjwal Nikam

The lawyer was presented with the award by founder president and chairman of Suryadatta Education Foundation, professor Dr Sanjay B Chordiya, Commissioner of Police of Pimpri Chinchwad, Vinaykumar Choubey, principal of Suryadatta Law College, Dr Mithilesh Verma, Prof Ketaki Bapat, Prof Monica Sehrawat, and other dignitaries were present on the occasion at the Bansri Ratna Auditorium in the institute's Bavdhan campus.

Previously, the award has been conferred on former president of India, Ramnath Kovind, finance minister Nirmala Sitharaman, scientist Dr K Sivan, socialist Vajubhai Wala, General (Retd) Dr Dattatray Shekatkar, union minister Gajendra Singh Shekhawat, Shyam Jaju, Member of Parliament Supriya Sule, state minister Chandrakant Patil, Dr Shirrang Limaye, Dr Shankuntala Kale, Dr Chandrakant Kokate, IPS officer Vinaykumar Choubey, and others. During his visit to the institute's law college Nikam also interacted with stu-

dents and faculty. The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Self-confidence and rational thinking are qualities of a true lawyer, so much so that if a common man starts talking rationally, we say that he's speaking like a lawyer."

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve the country."

Understanding why we tend to daydream



A study led by Harvard Medical School researchers is one step closer to understanding what happens in the brain during daydreaming.

The researchers monitored the activity of neurons in mouse brains. They discovered that these neurons occasionally activated in a fashion similar to that seen when a mouse gazed at a real image, suggesting that the mouse was thinking, or daydreaming about the image.

"We wanted to know how this daydreaming process occurred on a neurobiological level and whether these moments of quiet reflection could be important for learning and memory," said lead author Nghia Nguyen, a PhD student in neurobiology.

DAYDREAMING CAN BRING BACK LOST MEMORIES, SAY SCIENTISTS

When you are daydreaming, memories that you thought were lost forever can come to the surface again. The neural activity during daydreaming is very similar to that found in the "default network," a network of regions in the brain that are active during periods of rest. This is a brain state in which you are not actively performing any task; in other words, when your working memory is empty.

SUDOKU CHALLENGE

Level: Medium

		2		1	4			
		9		1	6	2		
9	6		5					8
	7	3		6	4	8		
		7			3	6		
2								
	1	4	5		9			
	8	9		3				

How To Play
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

TIMES KAKURO

Level: Medium

16	8	35	12				9	11	7
11			13			30	22		
14			23			7			
	25		23				18		
	16			22	4	10		16	
		30							12
10	7	12		8			3		
14				30		15			
23							11		

How To Play
The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

Note: A digit cannot appear more than once in any particular digit combination. For instance, we cannot have the combination of 8+4+8 for 20.

GARFIELD

Garfield is sitting on a bench in winter, looking thoughtful. He starts daydreaming about summer, with a thought bubble showing him and Odie on a beach. He says, "WHAT HAPPENED? I'M STREAMING SUMMER."

SPELLATHON

Today's Ratings: 10-average | 11-good | 13-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

LOOP THE LOOP

Rules:
 ■ Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
 ■ Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
 ■ Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
 ■ You can't draw lines around zeroes.
 ■ Each puzzle has just one unique solution.

How to begin: Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B)

SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

GSEEE **POONS** **ESULLN** **IIVYFV**

How To Play
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

To _____ is the beginning of a lifelong romance. - Oscar Wilde (4,7)

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

4	1	5	9	3	2	7	8	6
6	9	8	7	3	5	1	4	2
3	6	7	8	4	1	2	9	5
9	6	9	4	7	6	7	8	9
6	9	3	4	2	9	1	7	8
1	7	1	4	2	8	3	6	5
8	7	6	7	4	1	9	2	5
3	7	2	7	8	1	5	4	3
5	3	1	4	5	2	7	6	9

TIMES KAKURO

1	3	1	6	9	8
6	9	8	7	8	2
1	2	1	5	9	2
1	2	2	1	6	8
4	4	6	7	8	7
5	2	3	1	1	9
6	7	8	4	1	9
4	3	1	3	1	1
5	3	1	4	5	6

LOOP THE LOOP

SPELLATHON

Words: Geese, snoods/spoon, sullen, ANSWER: To love oneself is the beginning of a lifelong romance. - Oscar Wilde

SCRAMBLE

Words: ailed, aided, dead, dead, dead, died, died, dined, dined, dined, dined, dined, dined, UNLINED, unlined

This forecast is in continuation from December 31, for Libra to Pisces

Celebrity astro-numerologist Anupam V Kapil explains your annual moon sign forecast and its impact on your career and health



LIBRA
Jupiter's aspect on your sign till April brings gains and noteworthy friendships, and is also beneficial for marriage. Those in teaching, acting and training will especially benefit till April. From May, Jupiter will be in the unfavourable eighth house, affecting health, causing fatigue, fruitless journeys and loss of money. However it creates *vi-pret raj yog* giving gains in unlikely situations where you are the underdog and otherwise stand no chance. Buying a new property, renovation or vehicle is very likely between February 12 to March 6 and October 17 to November 6. Misunderstandings and loss of friends is seen in April and May. Saturn in fifth shows decline in prosperity in the second half of the year. Rahu in your sixth house through 2024 is expected to be largely favourable, you shall clear and win litigations. Gain in service through employers or subordinates is seen. Of course, enemies will keep troubling you, but you will simply demolish them. Success in competitive examinations, sports and politics is seen. You will also find loyal servants who will carry out your work efficiently during this period. Spiritual trips will also happen.

Career: Jupiter helps your career till April. Smart gains till January 18, wealth comes between February 1-19 and June 1-14. Career growth and wealth between June 29 to September 22 due to favourable Mercury and Venus transits.

Health: Health needs attention between April 1-16 and May 13 to May end due to Rahu-Mars conjunction in sixth house and Sun-Jupiter conjunction in eighth house, which is quite depleting to health. Guard your liver in the second half of the year, cut down on oily food and avoid liquor. Any efforts made on health and fitness will give very good results, it's a good time to consult a professional.



SCORPIO
Changes in your life take place from July, though Jupiter changes for the good only in May. Till April, expect relatives and enemies to bother you. Saturn in the fourth house brings loss of wealth, domestic unease, lack of comfort from spouse and child. However, from May, Jupiter compensates on the wealth front and gives good journeys for auspicious purposes. Rahu in the fifth house puts focus on love affairs, education, planning, intuition, creativity and entertainment sector. Your way of looking at situations and dealing with them undergoes a major transformation as you shall use very creative and intelligent methods to resolve issues. Education of students and children are likely to be affected, you will be worried by their demanding nature too. Not a good period to produce new babies. Avoid wearing grey and black colours. You will have misunderstandings, loss of friends and death of elders who are sick is likely. Love affairs shall flourish.

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Health: Till April, control your diet, cut down on oil and fat as your cholesterol is likely to increase. Mars-Saturn conjunction in April 5 to 13 and Rahu-Mars conjunction between May 13 to 22, suggests extreme care, especially to those suffering from cardiac issues and digestive issues and the legs. Guard against apoplexy and blood pressure between September 17-30.

The year starts on a good note, Jupiter helps in all pursuits till April, as does Saturn in the sixth house throughout the year. Mars is favourable from March 15 to April 23 giving victory, joy and accumulation of gold ornaments.

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9822042295 or anupamvkapil@gmail.com



SAGITTARIUS
Trouble to your property, position and children are seen post April, when Jupiter moves through the 10th house from May 2024 to May 2025. Rahu moves through in the fourth house, which represents your mental state, mother, happiness, vehicles, property matters, education etc. Happiness connected with these will be elusive and a source of concern for you. Disputes with family and relatives, destruction to property, bodily pains, stomach pains and obstacles in job are indicated. Health of your mother will be a concern, do not neglect the slightest health deviations, get prompt medical attention. Property disputes must be settled amicably before April, even if a deal which seems loss making, as anyway a lot of money may be spent on litigation later. Losses in litigation between November 16 to December 16 is seen. Religious travels to the south direction and dips in holy rivers are indicated.

Career: Working professionals are subject to sudden transfers and twists in career which are not to your liking. Don't argue with seniors and authorities. February to April, September 18 to October 29 are great for big income and also for new promotions, jobs, contracts in business. Marriage is possible in January and April.

Health: May, July 15 to August 15 are not at all good for you and child's health. November 16 to December 16 is very sensitive as Rahu trains Mars in the eighth house and Sun in the twelfth house, visits to hospitals will be there.



CAPRICORN
2024 is an exciting year, after passing challenges till April, you can look forward to a very promising year from May. Till April, Jupiter in the fourth house brings sorrow on account of relatives, humiliation and danger from quadrupeds. However, from May, Jupiter's aspect on your sign till May 2024, brings royal favour, gain of position, promotion, wealth, happiness from relatives, success in all activities, Saturn brings discipline on your spending and finances and managing family matters within constraints. Rahu in the third house increasing your willpower, removing obstacles, giving gains through short term travels, siblings, communications and media matters. Satisfaction and completion of works, gains through the schemes you prepare and unexpected big gains, travel opportunities and material pleasures are indicated. Spiritual travels to new places are seen. Health of younger siblings will suffer. Gains from youngsters, friends along with a growth in image is indicated. Gains with people from different backgrounds is seen.

Career: Boost in income and sources is seen, but avoid partnerships. Finances shall be good till January 17, March 7-30, April 25 to May 18, promotions, business gains, better jobs are likely in April 25 to May 18, September 18 to November 6.

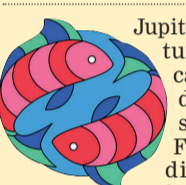
Health: You might have excessive heat and fever between January to February 5. Between June 16-22, Rahu's aspect on sixth house shows that health matters need attention, diseases will be treated but not completely cured, infections of the face/eye are indicated, and act speedily in such an event. ENT and eye issues crop up, get regular check ups done.



AQUARIUS
Though you are in the middle of your sade sati, Saturn rarely harms you, though it may restrict your free will, as it is in its moontrikona rashi. Jupiter, the planet of hope has not been favourable last year, it moves to your fourth house and brings sorrow through relatives and humiliation. Avoid clashes with bosses, seniors, government in April and May as this could harm your prospects. Good yogas for renovation, buying property, vehicles are seen on January 28 to February 12, May 29 to June 11 and October 13 to November 7, these periods will also see joyous moments at home. Health of spouse suffers in April. Should avoid disputes with neighbours or brothers in last week of May. Rahu in your wealth sector in 2024, induces you to be rough in speech and be manipulative in earning money through unethical means, such money may also be misused for wrong purposes. Loss of wealth is likely, through governmental action or due to being too casual with money matters and spending indiscriminately or on wrong purposes. Despite these trends, transits of Venus-Mercury bring in enough money this year, you will need to be very cautious to save this. Extreme caution is advised in speech as it can create enemies and loss of money. Old debts will be cleared but money will be lost in new ventures due to speculative tendencies and carelessness.

Career: Career gains, new job opportunities, promotions, business growth till February 4, steady growth in March, then June 1 to July 11. Finances shall be excellent till February 20 and from March 7 to April 24, May 19 to June 11, September 23 to October 10, November 7-30 and December is the best period for growth of career and finances.

Health: Sensitive periods for health are April-May, affected areas are heart, face, legs, teeth, avoid any surgery during this period. July 17 to August 15 and September 17 to October 15 are also weak periods for health.



PISCES
Jupiter brings money and opportunities, and furthers your career till April, besides reducing impact of Rahu and sade sati on your moon sign. From May, Jupiter enters the difficult third house, may bring change in profession, separation from near and dear ones and impediments in all actions. Post May, is not a good period to start new business or jobs, except as indicated in the career section. For buying property, renovations, vehicles, January 7-31st, June 12 to July, August 26 to October 19 is favourable. Rahu on the moon sign in 2024, brings bodily afflictions or loss, don't trust anyone blindly. Suffering to mother possible around April 1-15, August 21 to September 11 and October 17-30. Avoid being guarantor to any loan or bail. Rahu transit clouds your emotions and thought process. Not the best time to marry as Rahu aspect on your marriage and partnership also affects your fathers health. Kids are prone to bad company and bad habits, especially when on vacations, keep a watch. Be alert to fraud and conspiracy.

Career: January to February 15 are fantastic for your career. Finances remain quite good between April 25 to May 18, June to October 20 and December 2-27.

Health: Smokers, alcoholics and those with cardiac issues must consult your doctor frequently. Being very alert to sudden health deterioration between April 1-15, May 15-22, and August 21-September 11 too is very delicate. Take care of blood pressure from October 17-30. Safeguarding of health is necessary against infection and diseases. Physical and mental unrest due to excessive thinking is seen, yoga and meditation will help, especially the chanting of Rahu mantra.

This forecast is in continuation from December 31, for Libra to Pisces

Lawyer Ujjwal Nikam awarded for exemplary work in his field

Well-known public prosecutor and Padmashri awardee, advocate Ujjwal Nikam was recently awarded the Suryadatta Suryabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.



Vinaykumar Choubey and Dr Sanjay B Chordiya felicitating Ujjwal Nikam

The lawyer was presented with the award by founder president and chairman of Suryadatta Education Foundation, professor Dr Sanjay B Chordiya. Commissioner of Police of Pimpri Chinchwad, Vinaykumar Choubey, principal of Suryadatta Law College, Dr Mithlesh Verma, Prof Ketaki Bapat, Prof Monica Sehrawat, and other dignitaries were present on the occasion at the Bansari Auditorium in the institute's Bavdhan campus.

Previously, the award has been conferred on former president of India, Ramnath Kovind, finance minister Nirmala Sitharaman, scientist Dr K Sivan, socialist Vajubhai Wala, General (Retd) Dr Dattatray Shekhar, union minister Gajendra Singh Shekawat, Shyam Jaju, Member of Parliament Supriya Sule, state minister Chandrakant Patil, Dr Shirrang Limaye, Dr Shankuntala Kale, Dr Chandrakant Kokate, IPS officer Vinaykumar Choubey, and others. During

his visit to the institute's law college Nikam also interacted with students and faculty.

The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Self-confidence and rational thinking are qualities of a true lawyer, so much so that if a common man starts talking rationally, we say that he's speaking like a lawyer."

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve the country."

Aloo Baingan on worst foods list, desi folks disagree

Entertainment | 3149 • 22 hr ago

I don't know why it is on that list. My mom often makes aloo baingan and I like it, if it were bottle gourd or pumpkin, I would have understood, but aloo baingan are not bad at all. Either I am the weird one for liking this or my mom is a great cook that she can make tasty aloo baingan.

Ishwar Singh
@IshwarBagga

It cannot be ranked below Karela (Bitter Gourd).

oreo_thefluffyboss Lol... this is insane... baigan is love. Go to indian villages and you will see how its really made. Vegetable we get there and in cities have different Tastes, and in cities is almost negligible. Also, the style of cooking is way better there. Inko bolo humari nani dadi se banwayein n fir rate karein... sahi bat hai inki chef or mummy achcha nhi banati to hum kya karein 😊😊😊

ranjeetkhanduja The Maharashtrian version of Aloo Baigan (Rassa or curry) is probably the best vegetarian dish I have tasted in my life. It depends on how it is cooked.

-TNN

SUDOKU CHALLENGE

Level: Medium

			2			1	4	
			9			1	6	2
								8
9	6			5				
	7	3		6		4	8	
			7			3		6
2								
	1	4	5		9			
	8	9		3				

How To Play
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

TIMES KAKURO

Level: Medium

16	8	35	12			6	9	11	7
11			13			22			
14			23			7		18	
	25		23					16	
	16					13			
		30				4	10		12
10	7	12					3		
14						30		15	
23						11			

How To Play
The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

Note: A digit cannot appear more than once in any particular digit combination. For instance in the example, we cannot have the combination of 8+4+8 for 20.

Example:

20		
8	4	8

Not allowed (Fig B)

20		
8	4	8

Example

GARFIELD

WHAT HAPPENED?
I'M STREAMING SUMMER

SPELLATHON

Today's Ratings:
10-average | 11-good |
13-outstanding

A

D

U

E

D

N

I

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

LOOP THE LOOP

Rules

- Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
- Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
- Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
- You can't draw lines around zeroes.
- Each puzzle has just one unique solution.

How to begin: Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B)

SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

GSEEE

POONS

ESULLN

IIVYFV

How To Play
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

To _____ is the beginning of a lifelong romance. - Oscar Wilde (4,7)

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

4	1	1	9	6	2	7	8	3
6	9	8	6	7	4	3	5	2
3	6	7	8	4	1	5	9	2
9	6	9	4	6	4	7	8	2
6	8	6	3	9	1	3	7	4
1	7	1	2	5	9	6	4	8
8	3	6	7	4	7	1	5	9
3	8	3	6	7	9	6	8	2
2	7	2	7	1	9	1	4	5

LOOP THE LOOP

TIMES KAKURO

1	3	7	6	9	8
1	3	7	6	9	8
1	3	7	6	9	8
1	3	7	6	9	8
1	3	7	6	9	8
1	3	7	6	9	8
1	3	7	6	9	8
1	3	7	6	9	8
1	3	7	6	9	8
1	3	7	6	9	8

SCRAMBLE

Answers to the beginning of a lifelong romance - Oscar Wilde

Words: Geese, snop/spoon, sullen.